

March 29, 2023

APSA Winter 2024 Semester Report

January 2024

- Popcorn Day
 - Bought big bags of popcorn, individually packaged them and distributed them. There was also a variety of seasonings that students could add to their popcorn
- Social Media Wellness Challenge
 - This ran all month where students could post on Instagram or submit through a Google form ways that they practice self-care. Each submission you get your name put into a draw.
 - Each week we did a draw for prizes.
- Ran Textbook Sales
 - Sent out a Google form for textbook sales and sent it off to CPhA
 - Received the textbooks and distributed them to students
- Crochet Night
 - New event hosted and planned by a member on the Space and Wellness committee where this member taught students how to crochet a snake
 - This event was sponsored by RxA
- Cleaned PBL rooms and made an inventory list

February 2024

- The Push Up Challenge
 - <https://www.thepushupchallenge.ca/how-it-works>
 - Students and Faculty were invited to partake in this event where every day there is a set amount of push ups they were challenged to do. They also gave a mental health fact associated with how many push ups to do that day.
 - We created a groupchat with the participants and also took a picture at the end of the challenge
 - We also did a draw of participants to win a \$25 gift card and UofA swag
- Spicy Ramen Challenge
 - We cooked Buldak ramen noodles and had 5 different levels of spiciness that contestants had to complete.
 - Winners received a Tim Hortons gift card and carbonara Buldak noodles
- Puppy Therapy
 - We booked CAAWLS during lunch time where students enjoyed petting the two dogs there
- Valentine's Day

Cassandra Luong, VP Student Services

- We had origami hearts and Valentine's chocolate and candy available for students to take
- We also partnered with Student Services and they handed out Valentine's Day cards
- Wrote wellness tips for the PAM booklet

March 2024

- Presented my role as VP Student Services at the Meet Your APSA Team
- Pie Day
 - Sent out a form for students to pick which pies they want. Pre cut the pies beforehand and distributed them during lunch break on Pi Day
- Mentorship Meet-up
 - Planned a casual meet up where snacks, drinks, and small thank-you cards provided. Students could play board games in a PBL room
- Attended the APSA Annual General Council Meeting
- Easter Egg Hunt
 - Planned an Easter Egg hunt with 10 hints around MSB and ECHA. We partnered up with Loblaw and Student Services where there were prizes at 4/10 stations that students could collect.
 - If students submit 7/10 hints then they were entered in a draw for one of two \$25 gift cards
 - Sponsored by Loblaw's
- Started Mentorship Award
 - Sent out mentorship award early in the month and will provide awards to each nominated mentor and a draw for a gift card.
- Helped with PAM Lunch and Learns with check ins and distribution of food

April 2024

- Ice Cream/Goodies Day
 - RxA funded this event
 - We had ice cream bars and sandwiches for people to take during lunch time and some packaged snacks for people who are fasting
- Attended Spring Change over meeting
- Completed Semesterly Report and Transition Document

Ongoing (May – Present)

- Attending bi-weekly meetings with APSA Executive Council
- Attending bi-weekly meetings with APSA General Council

Cassandra Luong, VP Student Services

- Attending bi-weekly meetings with FoPPS Student Services (Trent Nabe and Leslie Flett)
- Attending monthly CoFA Meetings
- Answering emails and questions regarding lockers, the Mentorship Program, wellness events, etc.
- Keeping track of menstrual products in MSB washrooms
- Holding external meetings to discuss funding with interested groups and individuals like RxA

If you have any questions or concerns, please let me know at cluong3@ualberta.ca.

Sincerely,

Cassandra

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